

Bra Size

To find your bra size, measure all around the body underneath the bust.

Metric

Round up or down to the nearest multiple of 5 eg Measure 78cm to give a bra size of 80cm. This final measurement is the bra band size in cms.

Imperial

If the measurement is an EVEN number, add 4 inches, eg 30" + 4" = 34" bra size

If the measurement is an ODD number, add 5 inches, eg 29" + 5" = 34" bra size

Cup Size

Measure over the fullest part of the remaining breast, from the centre of the spine to the centre of the sternum. Multiply this measurement by two.

Metric :
eg measurement of 48cm x 2 = 96cm

Imperial:
eg measurement of 18" x 2" = 36"

The difference between the first measurement (bra band) and the second (cup) determines the cup size.

CUP FITTING	DIFFERENCE (CM)	DIFFERENCE (INCHES)
AA	8/10	-1
A	10/12	0
B	12/15	1
C	15/18	2
D	18/20	3
DD	20/23	4
DDD	23/25	5

SIZING CHART OF BREAST PROSTHESES

Breast Prostheses Sizing

Cup Size	BRA BAND SIZE											
	34	36	38	40	42	44	46	48	50	52	54	56
AA												
A												
B												
C												
D												
DD												
E												
F												
BREAST FORM SIZE	3	4	5	6	7	8	9	10	11	12	13	14

SIZING CHART LYMPHEDEMA SLEEVE

SIZE CHART | Please measure your arm circumference (A & B) length (T), then match with the corresponding size chart below.

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* Please consult with doctors for correct compression level prior to purchase.

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External Silicon Breast Prostheses

for

Weight & Balance

Right Body Posture

Natural Feel

Confidence

may help prevent shoulder drop and Spinal Curvature



WHY SILICON GEL?

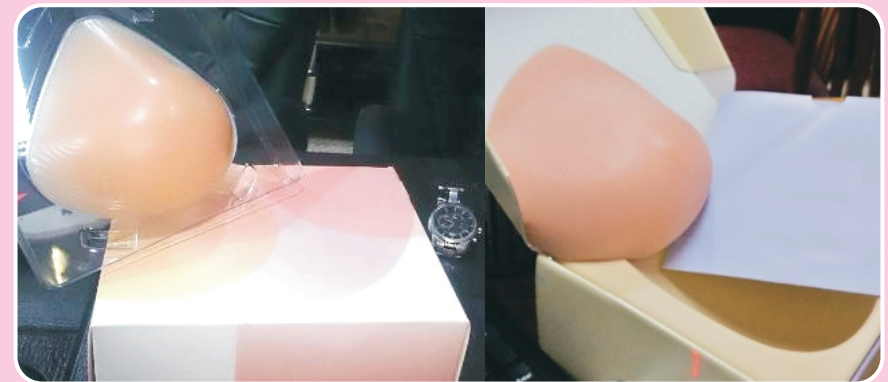
Silicon Gel is used BECAUSE it is very close to weight, temperature, touch and feel of human body.

WHY POLYURETHANE FILM ?

PU Film is safe material and does not allow any microorganism to grow on it.

No odor and No risk of infection

Weatherproof & odourproof polyurethane film

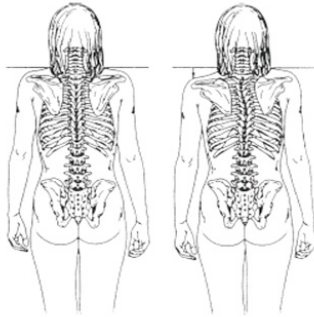


THE IMPORTANCE OF WEARING A BREAST PROSTHESIS FOR WEIGHT AND BALANCE

A breast prosthesis provides much more than an improved aesthetic appearance. Wearing a correctly fitted breast form that matches a remaining breast in size and shape replaces the breast weight and keeps the body's equilibrium and alignment evenly balanced.

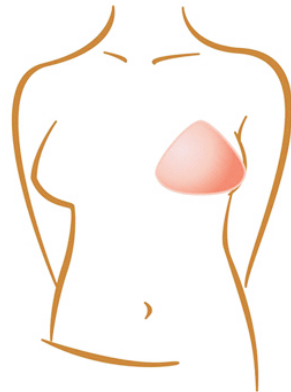
NOT wearing a breast prosthesis or wearing one that is heavier or lighter can result in the following :

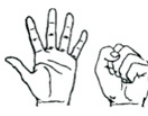





1. Spinal Curvature
2. Shoulder Drop
3. Muscile contracture with accompanying discomfort (neck or back pain)
4. Balance problems



Normal Anatomy

Spinal Curvature & Shoulder Drop

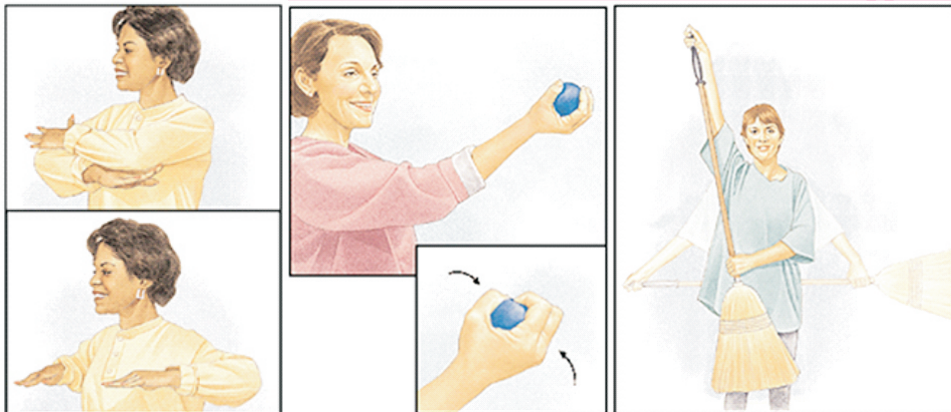


		
Open and Close your hand	Move your wrist forward and back	bend and straighten your elbow
		
Roll your shoulders in a backward direction	Lift your hand up towards the ceiling and gently lower back down	Raise arms from your side up above head and gently lower back down.

Lymphedema:

Lymphedema, also known as lymphatic obstruction, is a condition of localized fluid retention and tissue swelling caused by a compromised lymphatic system, which normally returns interstitial fluid to the thoracic duct and then the bloodstream. Given Below are some simple exercises for lymphedema.

EXERCISES FOR PREVENTION AND MANAGEMENT OF LYPHEDEMA



LYMPHEDEMA Arm Sleeve



Made of High quality material: Lycra, Polyamide and Microfibre. Pressure gradient from wrist towards upper arm help reduce edema by improving lymph flow

LYMPHEDEMA Pump



Pneumatic Sequential Compression Pump for achieving higher compression required according to medical guidelines. Helps reduce edema by providing higher compression gradient in intermittent mode.